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SENIOR HIGH SCHOOL

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Kagawasan Ave., Daro, Dumaguete City, Negros Oriental

Discipline and Ideas in Applied Sciences

Quarter 3 – Module 2:
Professionals and Practitioners in Counseling

ALTERNATIVE DELIVERY MODE
ADM

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Discipline and Ideas in Applied Social Sciences – Grade 11
Alternative Delivery Mode
Quarter 3 – Module 2: Professionals and Practitioners in Counseling
First Edition, 2020

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Discipline and Ideas in Applied Sciences

Quarter 3 – Module 2: Professionals and Practitioners in Counseling

Introductory Message

For the facilitator:

Welcome to the Discipline and Ideas in Applied Social Sciences 11 Alternative Delivery Mode (ADM) Module on Professionals and Practitioners in Counseling!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:

Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the Discipline and Ideas in the Applied Social Sciences Alternative Delivery Mode (ADM) Professionals and Practitioners in Counseling!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

What I Need to Know	This will give you an idea of the skills or competencies you are expected to learn in the module.
What I Know	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
What's In	This is a brief drill or review to help you link the current lesson with the previous one.
What's New	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
What is It	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
What's More	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
What I Have Learned	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
What I Can Do	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

Assessment	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
Additional Activities	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
Answer Key	This contains answers to all activities in the module.

At the end of this module you will also find:

References	This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!

What I Need to Know

MOST ESSENTIAL LEARNING COMPETENCY:

- discuss roles and functions of counselors (**HUMSS_DIASS 12-Ic-6)**
- identify specific work areas in which counselors work (**HUMSS_DIASS 12-Ic-7).**

At the end of the module, you should be able to:

K- Discuss the roles and functions of counselors and identify specific areas of specialization where counselors work;

S- Show an understanding of the roles and functions of counseling through self-evaluation chart; and

A- Value the importance of knowing the roles and functions of counselors.

What I Know

Task 1: "FACT or BLUFF"

Directions:

- ✓ *Before the chapter study*. Read and understand each item carefully. You are going to answer whether the statement is a "Fact" as true or a "Bluff"as false.
- ✓ Answer directly on your notebook.

Statements	Fact or Bluff
1. The counselor should practice active listening, noting and reflecting during the counseling sessions.	
2. The counselor must be unaware of the client's problem including the goal why he/she undergo counseling session.	
3. The counselor should not encourage the client to draw their conclusion and choose the direction they want to resolve the issue.	
4. Counselors have certain standards and quality service that needs to comply.	
5. Counselors help clients that has eating disorders.	
6. Practitioners in counseling cater clients who has no problem, happy and contented in life.	
7. Communicators help clients who has depression, anxiety, and stress.	
8. Counselors are employed in schools, colleges, communities, employment agencies, and business.	
9. There are also private practice counselors who provide their services to clients.	
10. It is important to know the functions and roles of counselor because this will prepare you in the future to offer help, support, understanding, and possible alternatives that could lead enjoyment and a more fulfilling and productive life not only for yourselves but also to other individuals.	

What's In

Professional counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals. Counselors work with clients on strategies to overcome obstacles and personal challenges that they are facing.

This presents on how theoretical knowledge will be applied to bring change. This will allow you students to gain a broad knowledge on these disciplines affect individuals, and social groups.

What's New

Directions: Copy and answer in your notebook. Answer must be at least 2 paragraphs with 3-4 sentences each paragraph.

1. If given a chance to become a counselor and choose a kind of advice to give to a person, what would it be and why? (e.g. person who suffers from illness/injury, persons with different age, etc.)

_____
_____
_____

What is It

Professionals and Practitioners in Counseling

Roles of Counselors

Since counselor is a profession, there are certain standards and quality service that needs to comply. Counselors are expected to do the following:

a) The counselor must attempt to facilitate clients to solve their problems but should demonstrate a genuine concern and compassion for the client's issues and problems.
b) The counselor must have individualized interaction and should maintain rapport to his/her clients.
c) The counselor should practice active listening, noting and reflecting during the counseling sessions.
d) The counselor must be aware of the client's problem including the goal why he/she undergo counseling session. A counselor with the help of his/her client should work together to achieve the goals of their counselor-client relationship.
e) The counselor should be able to explain the benefits of holistic health, developing one's identity and the concept of self-responsibility.
f) The counselor should always encourage the client to ultimately draw their conclusion and choose the direction they want to resolve the issue. The counselor may challenge the client to formulate a behavioral goal to address the ultimate objective. This may also include the areas of what are the things the client should stop, should continue and should start doing.
g) Ultimately the goal of the counselor is to help others to understand themselves and their existence, so that they may be able to live and enjoy the experience of life and what is to be human.

Functions of Counselors

Professional counselors work in various fields such as Educational (Schools, Colleges, Psychological Education), Clinical (Crisis Intervention and Communities) and Industrial (Businesses).

The following problems prompted people to seek counselors for help:

a. Bereavement
b. Eating disorders
c. Crisis Situations
d. Post-traumatic stress disorder

e. Depression, Anxiety, and Stress
f. Difficulties at work
g. Phobias and obsessions
h. HIV and AIDS
i. Bullying
j. Adjustments
k. Addictions and Substance Abuse
l. Issues from the past and
m. Failed relationships

Areas of Specialization where Counselors work

Counselors are employed in schools, colleges, communities, employment agencies, and business. They are also used in mental institutions, family and rehabilitation centers, government agencies and non-government organizations and civic society organizations. Some counselors work with the churches or church-affiliated counseling services. There are also private practice counselors who provide their services to clients.

In the Philippines, a Generalist Counselor is called a Registered Guidance Counselor, however he/she can join professional organizations which are the counselor's field of interest. For instance, Family and Pastoral Counseling Association of the Philippines - for counselors whose interest is in the welfare and development of professional practitioners in the helping services, etc.

Most of the Registered Guidance Counselors in the Philippines were hired as Guidance Counselor of schools or Counselor Educator. Some of the professional counselors worked in government agencies, clinics, and private practice.

Working as a counselor is fulfilling because of its impact on the lives of the people he/she has worked with. Counseling, therefore, is a noble profession which can be considered as a personal ministry in the perspective of the practitioner.

What's More

Task 2: SELF-EVALUATION!

Directions.

1. You will write in your notebook your most significant learning about the topic discussed.
2. The students will evaluate the learning they have from the topic discussed where: "5" as the highest "1" as the lowest

(5 – outstanding to 1 – poor or no learning at all)

Most Significant Learning	Rating
(write your understanding regarding the roles and functions of counselors here)	
(specific areas of specialization where counselors work)	
(importance of knowing the roles and functions of counselors)	

Task 3: NAME IT!

Directions. Copy and answer in your notebook.

1. What are the roles and functions of counselors?

_____

_____

_____

2. Identify specific areas of specialization where counselors work and explain each.

_____

_____

_____

What I Have Learned

Reflect on yourself after studying this chapter. What you learned or realized so far?

Task 4: "MYSELF AS A COUNSELOR"

1. On your notebook, write a reflection paper entitled "Myself as a Counselor".
2. Include in your reflection paper what specific field of counseling you will specialize and what approach you will use if ever.
3. You are to write your reflection paper in paragraph form and must contain not less than 300 words.
4. Your performance will be graded using the rubrics for individual work attached below.
5. Note: 5% of the total score will be automatically deducted if your essay is less than 300 words.

INDIVIDUAL WORK RUBRICS

	Exemplary 4 points	Sufficient 3 points	Minimal 2 points	Beginning 1 point
Reflection on Existing Knowledge	Critically reviews existing knowledge, questions assumptions, and articulates new perspectives as a result of experience	Active and careful consideration of existing knowledge and articulates new understanding of knowledge as a result of experience	Makes use of existing knowledge without an attempt to evaluate/appraise knowledge; demonstrates understanding but does not relate to other experiences or personal reaction	Automatic/superficial responses with little conscious thought or reference to existing knowledge; responses are offered without attempting to understand them
Connection to Academic Concepts	Demonstrates superior connection between experience and class content	Demonstrates clear connections between experience and class content (concepts/theori	Connects experience with class content (concepts/theories) but remains superficial or abstract	Connections are not drawn between experience and class content (concepts/theo

	(concepts/theories) and literature; evidence of application of theory and reconstruction of perspective	es); evidence of application of theory.		ries) or literature
Evidence of Development	Articulates transformation of their perspective of themselves or about a particular issue/concept/ problem as a result of experience	Articulates new understanding/insights about self or particular issue/concept/ problem as a result of experience	Limited/superficial insight about self or particular issue/concept/ problem as a result of experience	No evidence of insights about self or particular issue/concept/ problem as a result of experience
Clarity	Consistently accurate and clear wording and sentence structure.	Mostly detailed and mostly clear writing and sentence structure.	Some words are inaccurate or ambiguous. Confusing sentence structure.	Consistently inaccurate or ambiguous wording, confusing sentence structure.

Adapted from: https://brocku.ca/pedagogical-innovation/wp-content/uploads/sites/53/Critical-Reflection-Rubric.pdf

What I Can Do

Task 5: "WORD PUZZLE"

Directions:

1. Find the following words in the puzzle: Counseling, Function, Communication, Social Work, Roles, Advice, Practitioners, Applied, Counselor, and Counselee. (10 points)
2. Copy and answer on your notebook.

C	C	P	S	O	X	N	E	C	C
O	O	C	R	A	E	S	R	A	O
U	M	U	E	S	S	O	I	S	U
N	M	M	N	O	C	C	C	E	N
S	U	U	O	S	I	I	S	B	S
E	N	A	I	N	E	A	D	U	E
L	I	D	T	O	N	L	E	G	L
O	C	V	I	I	T	W	I	A	E
R	A	I	T	T	I	O	L	N	E
I	T	C	C	C	A	R	P	T	G
C	I	E	A	N	T	K	P	E	A
E	O	B	R	U	I	C	A	S	L
O	N	P	P	F	R	O	L	E	S

Task 6:

Directions:

Copy and answer on your notebook. Answer must be at least 2 paragraphs with 3-4 sentences each paragraph.

1. Do you consider on becoming a guidance counselor in the future?
2. Why do you want to become one? Or Why you don't want to become one? Explain.

Assessment

Task 7: "FACT or BLUFF"

Directions:

- ✓ *After the chapter study*. Read and understand each item carefully. You are going to answer whether the statement is a "Fact" as true or a "Bluff" as false.
- ✓ Answer directly on your notebook.

Statements	Fact or Bluff
1. The counselor should not practice active listening, noting and reflecting during the counseling sessions.	
2. The counselor must be aware of the client's problem including the goal why he/she undergo counseling session.	
3. The counselor should encourage the client to draw their conclusion and choose the direction they want to resolve the issue.	
4. Counselors have certain standards and quality service that don't need to comply.	
5. Counselors help clients that has drug addiction.	
6. Practitioners in counseling cater clients who has financial problem.	
7. Counselors help clients who has depression, anxiety, and stress.	
8. Counselors are employed only in schools.	
9. There is no such thing as private practice counselors who provide their services to clients.	
10. It is important to know the functions and roles of counselor because this will prepare you in the future to offer help, support, understanding, and possible alternatives that could lead enjoyment and a more fulfilling and productive life not only for yourselves but also to other individuals.	

Glossary

The following terms used in this module are defined as follows:

- ✓ **Anxiety** - a strong desire sometimes mixed with doubt, fear, or uneasiness
- ✓ **Bereavement** - **the** state or fact of being bereaved or deprived of something or someone
- ✓ **Bullying** - abuse and mistreatment of someone vulnerable by someone stronger, more powerful
- ✓ **Civic society organizations** - is a group of people which operates in the community, in a way that is distinct from both government and business
- ✓ **Depression** - a state of feeling sad
- ✓ **Guidance Counselor** - a person who gives help and advice to students about educational and personal decisions
- ✓ **Holistic** - relating to or concerned with wholes or with complete systems rather than with the analysis of, treatment of, or dissection into parts
- ✓ **Obsessions** - a persistent disturbing preoccupation with an often-unreasonable idea or feeling
- ✓ **Phobias** - an exaggerated usually inexplicable and illogical fear of a particular object, class of objects, or situation
- ✓ **Post-traumatic stress disorder** - a psychological reaction occurring after experiencing a highly stressing event (such as wartime combat, physical violence, or a natural disaster) that is usually characterized by depression, anxiety, flashbacks, recurrent nightmares, and avoidance of reminders of the event
- ✓ **Practitioners** - one who practices a profession
- ✓ **Professionals** - engaged in one of the learned professions
- ✓ **Rapport** - a relationship characterized by agreement, mutual understanding, or empathy that makes communication possible or easy
- ✓ **Specialization** - a making or becoming specialized
- ✓ **Stress** - a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation
- ✓ **Substance Abuse** - excessive use of a drug (such as alcohol, narcotics, or cocaine): use of a drug without medical justification

Answer Key

TASK 2: *Answers may vary.*

O	N	P	P	F	R	O	L	E	S
E	O	B	R	U	I	C	A	S	L
C	I	E	A	N	T	K	P	E	A
I	T	C	C	C	A	R	P	T	G
R	A	I	T	T	I	O	L	N	E
O	C	V	I	I	T	W	I	A	E
L	I	D	T	O	N	L	E	G	L
E	N	A	I	N	E	A	D	U	E
S	U	U	O	S	I	I	S	B	S
N	M	M	N	O	C	C	C	E	N
U	M	U	E	S	S	O	I	S	U
O	O	C	R	A	E	S	R	A	O
C	C	P	S	O	X	N	E	C	C

TASK 1:

DO THIS !

TRY THIS!

1. Fact
2. Bluff
3. Bluff
4. Fact
5. Fact
6. Bluff
7. Fact
8. Bluff
9. Fact
10. Fact

EXPLORE: *Answers may vary.*

APPLY WHAT YOU HAVE LEARNED

TASK 4: *Answers may vary.*

TASK 5: *Answers may vary.*

REFLECT: *Answers may vary.*

ASSESS WHAT YOU HAVE LEARNED

1. Bluff	6. Bluff
2. Fact	7. Bluff
3. Fact	8. Fact
4. Bluff	9. Bluff
5. Fact	10. Fact

References

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WEBSITES

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